

# One in four people age 65 or older has a fall each year.



## Don't be one of them!

### Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been  
researched and proven to  
reduce falls by 31%!**

### Join Us for Stepping On!

**Where:** Mercy Health Mall  
1010 N. Washington St., Janesville, WI

**When:** April 18 - May 30, 2024.

(Seven Thursdays in the Education room.)

**Time:** 1:30-3:30 pm

**Facilitator:** Sharon Wegler

**Register by April 4, 2024:** Call the  
ADRC of Rock County at: (608) 757-  
5309 or [Lisa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us)

**Suggested Donation:** \$15